

Estimated Calories Burned in 30 Minutes
(shown least to most calories burned)

Activity	Calories burned (160 pounds)	Calories burned (200 pounds)	Calories burned (240 pounds)	Calories burned (280 pounds)	Calories burned (320 pounds)
Walking 2 mph (30 mins/mile)	101	126	151	176	202
Housework	106	132	158	185	211
Lifting weights - general	125	156	187	218	250
Cycling - leisure	144	180	216	252	288
Raking lawn	144	180	216	252	288
Water Aerobics	144	180	216	252	288
Walking 3 mph (20 mins/mile)	158	198	238	277	317
Basketball - shooting baskets	163	204	245	286	326
Calisthenics / exercise - moderate	163	204	245	286	326
Skating - moderate	182	228	274	319	365
Softball or baseball	182	228	274	319	365
Walking 4 mph (15 mins/mile)	187	234	281	328	374
Hiking	216	270	324	378	432
Dancing - aerobic, ballet, modern	216	270	324	378	432
Aerobics - low impact	221	276	331	386	442
Swimming - moderate	221	276	331	386	442
Shovel Snow	221	276	331	386	442
Chop Wood	221	276	331	386	442
Jogging, 5 mph	254	318	382	445	509
Step aerobics - low impact	254	318	382	445	509
Aerobics - high impact	254	318	382	445	509
Rowing machine - moderate	254	318	382	445	509
Spinning - moderate	254	318	382	445	509
Zumba	288	360	432	504	576
Hockey	293	366	439	512	586
Calisthenics / exercise - vigorous	293	366	439	512	586
Bicycling / biking - mountain	307	384	461	538	614
Cycling / cycling 12-14 mph	317	396	475	554	634
Skiing - downhill	317	396	475	554	634
Rowing machine - vigorous	317	396	475	554	634
Bicycling / cycling 12-14 mph	317	396	475	554	634
Rope jumping	365	456	547	638	730
Running 6 mph (10 mins/mile)	365	456	547	638	730
Cycling / cycling 14-16 mph	384	480	576	672	768
Skiing - cross country	413	516	619	722	826
Spinning - vigorous	413	516	619	722	826

The more calories you can expend, the easier it will be to lose weight. The more vigorous the activity, the more beneficial it is... both for weight loss and heart health. Aim for a perceived rate of exertion (PRE) of about 7 out of 10... (1 is laying down and 10 is Oh My Goodness, I can't take one step further or I will fall over). This will be different for each and every one of us, depending on weight, other health issues, injuries, and fitness level. For example - someone who is just recovering from a heart attack may feel like a 2.5-3 mph walking pace is very hard (9 out of 10 on PRE), but someone who is on their feet all day long and active may feel this is fairly easy (3-4 on PRE). Only you can know what your exertion rate is - and you will only make progress if you are honest with yourself. As you get stronger, you will need to increase intensity, time, and vary the type of activity to achieve that perceived rate of exertion (PRE). If you use a heart rate monitor, aim for about 65-75% of your maximum heart rate.